



National Nutrient Database for Standard Reference
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Statistics Report 09427, Abiyuch, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	79.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Energy	kcal	69	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2001
Energy	kJ	290	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2001
Protein ¹	g	1.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Total lipid (fat) ¹	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Ash ¹	g	0.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Carbohydrate, by difference	g	17.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2001
Fiber, total dietary ¹	g	5.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Sugars, total ¹	g	8.55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Glucose (dextrose) 1	g	4.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Fructose 1	g	3.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Maltose 1	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2000
Minerals													
Calcium, Ca 1	mg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Iron, Fe 1	mg	1.61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Magnesium, Mg 1	mg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Phosphorus, P 1	mg	47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K ¹	mg	304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Sodium, Na ¹	mg	20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Zinc, Zn ¹	mg	0.31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Copper, Cu ¹	mg	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Manganese, Mn ¹	mg	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	54.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Vitamin A, RAE	μg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	μg	60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Carotene, alpha ¹	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU ¹	IU	100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2001
Lipids													
Fatty acids, total saturated ¹	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2000
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Amino Acids

Other

Sources of Data

¹A.C. Shovic Nutrient composition of abiyuch and rowal fruits, 1999 Tropical Science 39 pp.159-161